



APRIL 2021



Monday	Tuesday	Wednesday	Thursday	Friday
SOUTH PASADENA SENIOR CENTER 1102 Oxley Street (626) 403-7360 Five- or seven-day frozen meals available for weekly deliveries on Monday. COST: \$3.00 per meal <u>NOTE: MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.</u>			1 Shepherd's Pie w/ Ground Beef 5 Way Vegetable Mashed Potatoes Corn Muffin Fruit & Milk	2 Chicken Teriyaki w/ Brown Rice Broccoli & Carrots Fruit & Milk
5 Mesquite Glazed Chicken Drumstick Mashed Potatoes Green beans Dinner roll Fruit & Milk	6 Turkey Burger on Wheat Bun Potato Wedges Peas & Carrots Fruit & Milk	7 Breaded Pork Loin w/ Caramelized Onion Gravy Mashed Potatoes Kidney Beans Fruit & Milk	8 Swedish Meatballs over Pasta Carrots Green Beans Fruit & Milk	9 Teriyaki Beef Strip Brown Rice Broccoli & Carrots Fruit & Milk
12 Beef Stroganoff w/ Noodles Green Beans Diced Carrots Fruit & Milk	13 Pork Carnitas Brown Rice Black Beans Pepper & Onions Fruit & Milk	14 Chicken Fillet w/ French Onion Sauce Mashed Potatoes Green Beans Dinner Roll Fruit & Milk	15 Mediterranean Turmeric Chicken Salad Broccoli Diced Beets Sour Cream & Onion Chips Fruit & Milk	16 Chicken Burrito Bowl w/ Brown Rice Pinto Beans & Corn Fruit & Milk
19 Chicken Cacciatore over Pasta Mixed Vegetables Fruit & Milk	20 Caribbean Chicken Strips Southern Rice California Vegetable Blend Corn Muffin Fruit & Milk	21 Turkey Pot Roast Seasoned Diced Potatoes Green Beans Dinner Roll Fruit & Milk	22 Roast Beef in Gravy Mashed Potatoes Steamed Peas Dinner Roll Fruit & Milk	23 Tuna Salad Sandwich On French Roll Broccoli Slaw Corn Fruit & Milk
26 Chicken Adobo Zucchini Medley Seasoned Spinach Dinner Roll Fruit & Milk	27 Cajun Chicken Salad Sandwich on Roll Carrot Raisin Coleslaw Diced Jicama Fruit & Milk	28 Breaded Pork Chop W/ Creamy Mustard Sauce Brown Rice Peas & Corn Fruit & Milk	29 Shepherd's Pie w/ Ground Beef 5 Way Vegetable Mashed Potatoes Corn Muffin Fruit & Milk	30 Lemon Pepper Fish Fillet Brown Rice Broccoli Glazed Carrots Fruit & Milk